

MINUTES
Mayor's Initiative for Healthy Sustainable Food Systems
August 10, 2012
City Hall, Room 209, 10:00 AM – 11:30 AM

1. Introductions of committee members and meeting attendees.

Everyone was welcomed to the meeting and introduced themselves. Present: Mayor Michael Brennan, Councilor David Marshall, Ted Kelleher (Drummond Woodsum), Jim Hanna (United Way), Daniel Wallace (Coastal Enterprises), Mark Hews (Maine Association of Nonprofits), Shannon Grimes (Representative Pringree's Office), Kyle Molton (Representative Pringree's Office), William Hall (The Forecaster), Michael Dixon (Citizen), Craig Lapine (Cultivating Communities), Nicholas Kaponda (Cultivating Communities), Jonah Fertig (Local Sprouts Cooperative), John Naylor (Rosemont Bakery), Ralph Carmona (Munjoy Hill Neighborhood Association), Dawad Ummah (CAH), Ron Adams (Portland Public Schools), Ian Houseal (City of Portland), Bethany Sanborn (COP), Tim Fuller (COP), Tracy Chalecki (COP).

2. Review and approval of the minutes from July 13, 2012.

The minutes from the July 13 meeting were reviewed and approved by the group.

3. Workshop (Activity and Barriers)

a. Workshop on food security (led by Hanna)

Jim Hanna, of the United Way of Greater Portland, gave a presentation on food security and sustainability in Maine and in Portland. He stated, the Federal Government does not use the word "Hunger" when collecting census based data; instead it measures "food insecure" and "very low food secure" populations. Maine ranks second highest in the nation in the very low food secure demographic. People don't have access to food because they can't afford it due to their low income. Many people struggle to put food on the table most of the year. This has been a progression over time as the economy has become more challenging. For the first time, more than 50% of Portland Students are eligible for free lunches. To qualify, a family of four must have an income of \$29,000. People do have access to emergency food pantries in Portland, but in more rural areas, there is less access. There are over fifty different food pantries in Cumberland County, but there is a huge difference in qualifications. Some are only open a couple of hours a week; some have different income guidelines. They often give out lower quality food. Sanborn has surveyed people and asked if it was easy for them to purchase fresh, healthy food. As people's income level went down, they were less likely to say yes. Councilor Marshall stressed the need to educate people that organic food doesn't cost more. Processed food can be more expensive as mass based food has overspill costs.

b. Continue workshop on school food programs (Adams)

Ron Adams, Director of the Portland Public Schools Food Services Program provided follow-up to his presentation at the July 13th Meeting.

-Summer Feeding Sites/Free Lunch Program: Participation is at approximately 1,200-1,500 a day. The program capacity is over 4,500. The barrier is how to get more kids to participate. The Portland Public

School website can only show the school menu. Mayor Brennan stated that a student from a disadvantaged background loses more education and nutrition over the three months of summer. Adams stated that during the school year, some students don't fill out the paper work for the free lunch program but they are still provided meals. The program loses approximately \$13,000 in revenue to cover these lunches.

-Local Foods in Schools: Adams researched and found that Bowdoin and Bates Colleges produce meals using local and organic food for \$5 a meal. Portland currently spends \$1.42 per meal. Adams believed that \$2.35 per meal would be attainable. He would need an additional \$925,000 and the continued \$300,000 funding from the City for Central Kitchen. This would bring the percentage of local, healthy food to 40-50%, including dairy. Sanborn stated that there could be benchmarks, with before and after menu analysis and its effects. Height and weight data could also be compared. Fertig stressed the need to look at mental and behavioral health suggesting that a metric might be that better eating may result in less behavioral issues. Mayor Brennan suggested looking to a foundation for the funding; Councilor Marshalls suggested looking into CDBG Block Grant Funds. A pilot program may need to be time limited because only the high schools have their own kitchens. There was discussion about contracting with a farm to provide local food since school gardens don't have the capacity to supply food. The group agreed to support going to 50% local and healthy foods in schools in the next 3-5 years. A sub-committee of Lapine, Fertig, Adams, Carmona and Naylor will work with City staff to create a proposal.

4. Building the Committee's knowledge-base: What are other cities doing?

Sanborn provided a list of what other cities are doing and it was reviewed by the group. Lapine suggested the City of Seattle's website. Fertig reported that the Intervale Center in Burlington, Vermont, provides a lot of Burlington's healthy foods. They are also Burlington's food hub. In Portland, there is also the Healthy Corner Store Initiatives. Baltimore has a city run farm model; St. Joseph's College had one. Ralph recommended the book, "Food in the City", which talks about rooftop and vertical gardens and other new ideas. If people have any resources, please send them to Houseal. He will put them on the resources link on the website.

5. Confirm date for next meeting.

Please note the date change: The next meeting is confirmed for September 13, 2012 at 10:00 AM.

Agenda items include:

- Dawad Ummah would like discussion on the barriers of getting common people in the process. One barrier for people to produce food is lack of capital.
- There will be discussion on the Barron Center and its food policies.
- There will be discussion on bench marking and overall sustainability.
- Carmona will do a short abstract on the book, "Food in the City."
- Fertig will invite Garbage to Gardens to the next meeting; Lapine will invite someone from Muskie to talk about the Maine Food Plan.
- Houseal has drafted the letter to Eco Maine and they have been scheduled to attend the October Meeting.